

Utilization of Health Information as a Predictor of wellness among Librarians in University of Medical Sciences (UNIMED) in Ondo City, Ondo State Nigeria.

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ABSTRACT

This paper is on utilization of health information as a predictor of wellness among librarians in University of Medical Sciences in Ondo City, Ondo State Nigeria. This paper addresses Goal 3 of Sustainable Development Goals which states that Good Health and Well-being. Which relates to one of the sub-themes of this conference: LIS Education and Health Information Provision for Sustainable Development. The key area discussed in this paper are: Call to action of LIS educators, Meaning of health information and professionals, Brief history of UNIMED, University Library; New role of health sciences/medical/hospital librarians. Descriptive survey research design employed in this research. The population of the study were drawn from the University Library in Ondo City, Ondo State. University of Medical Sciences (UNIMED) Library sampled for the study. The questionnaire was designed to elicit information on uses, needs, seeking behaviour and sources of health information among academic librarians". Data for the study was collected using questionnaire, administered to the respondents in their respective sections with the assistance of professional colleagues who was also staff of the UNIMED. The results revealed that the health information required by Health Sciences/Medical Librarians in academic library studied are; blood pressure control information 82%, food and drugs 91%, cancer information 78% Malaria treatment 75% and information on drug reactions 68%. This was so because the mortality rates of the mentioned diseases is very high not only in Nigeria but globally, and if proper health awareness campaign is not initiated on time, productivity of Librarians may be threatened in the future. Another important finding of the research is that internet, Radio, TV, Health journals are the major sources of obtaining health information by the academic librarians in this study.

Keywords: Health information, Sustainable Development Goals, UNIMED, Library, LIS educators and Health sciences Librarians.

"The only man who is educated is the man who has learned how to learn; the man who has learned how to adapt and change; the man who has realized that no knowledge is secure, that only the process of seeking knowledge gives a basis for security" (Rogers, 1983:120).

INTRODUCTION

This paper addresses Goal 3 of Sustainable Development Goals which is that Good Health and Well-being. Ensuring healthy lives and promoting the well-being for all at all ages is essential to sustainable development. Significant strides have been made in increasing life expectancy and reducing some of the common killers associated with child and maternal mortality. Major progress has been made on increasing access to clean water and sanitation, reducing malaria, tuberculosis, polio and the spread of HIV/AIDS. However, many more efforts are needed to fully eradicate a wide range of diseases and address many different persistent and emerging health issues.

Studies had reviewed that despite all these good efforts of Sustainable Development Goals -UN in developing countries, especially Nigeria government had failed from the times of Millennium Development Goal till this present - SDGs. But only Dr. Olusegun Mimiko, a trained physician and politician who became the Governor of Ondo State in 2009, He declared loudly and with absolute conviction that improving social welfare, including education, and reducing deaths of women and children would be among his priorities. The promise was kept and the results exceeded the highest expectations of many, in that maternal mortality ratio dropped from one that was above the average for Nigeria (600 per 100,000 deliveries to around 100 per 100,000 deliveries (Harrison, 2016).

Professor Harrison still not yet comfortable with these Governor achievement. He said there is still a long way to go compared to the results elsewhere, for example, Finland, where the ratio is 5 maternal deaths per 1000000 births. Nevertheless, a breakthrough has been achieved. Formal Governor Mimiko's administration has transformed ideas into actual deeds. This is real provocative thought to all LIS educators; Health Sciences Librarians; Information scientist and students in this Conference.

We Librarians, Library and Information Science Educators, Medical/Health Sciences or Hospital Librarians that supposed to be at the forefront of these great development of Sustainable Development Goals (SDGs), have failed in our role too. We are not creating enough awareness and providing the right information at the right time, in the right place, and at the right cost on Health Information to the public and academic community.

This is the reasons the researchers want to investigate on the following questions:

1. How librarians needs and provide health information to the public?
2. How they seek for health information?
3. How librarians know the sources of health information and made it available to the public and academic community?
4. How to predict the future of users on the usage of health information?
5. What is the way forward to achieving health informationamong LIS educators/librarians?

Furthermore, on this paper our LIS educators needs to know Goal 3 of Sustainable Development Goals targets by 2030. They are twelve (12) of listed below:

- Significant strides have been made in increasing life expectancy and reducing some of the common killers associated with child and maternal mortality, and major progress has been made on increasing access to clean water and sanitation, reducing malaria, tuberculosis, polio and the spread of HIV/AIDS.
- However, only half of women in developing countries have received the health care they need, and the need for family planning is increasing exponentially, while the need met is growing slowly - more than 225 million women have an unmet need for contraception.
- An important target is to substantially reduce the number of deaths and illnesses from [pollution-related diseases](#).
- 3.1 By 2030, reduce the global maternal mortality ratio to less than 70 per 100,000 live births
- 3.2 By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births
- 3.3 By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases

- 3.4 By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being
- 3.5 Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol
- 3.6 By 2020, have the number of global deaths and injuries from road traffic accidents
- 3.7 By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes
- 3.8 Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all
- 3.9 By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination(<http://www.un.org/sustainabledevelopment/health/>)

University of Medical Sciences (abbreviated UNIMED)

UNIMED AT A GLANCE

No of Faculty: 5

No of Programmes: 18

Total Number of Staff: 261

No of Non- teaching Staff as at August 31st 2017: 154

No of Academic Staff as at August 31st 2017: 107

No of Students as at 31st 2017 : 704

Year of Establishment: April 22nd 2015.

UNIMED- Friends of University Fund launching

In 2014, the Executive Governor of Ondo State, His Excellency Dr Olusegun Mimiko, signed into law the bill for the establishment of the University of Medical Sciences, Ondo, proposed by the Ondo State House of Assembly under Schedule 1 Section 5(2), and Article 39(1) of Ondo State Laws. The law was designed to find ways to sustain the delivery of model health services that had been the hallmark of the administration of the State under Governor Mimiko.

The official launching of the Friends of UNIMED FUND (FUF) took place July 7, 2016 at Very Cosy Oba Adesanoye Event Centre in Ondo City. Prof Friday Okonofua(FAS), the Vice -Chancellor Vision is a unique scheme aimed at raising One Billion Naira annually for the funding of the Pioneer Medical University in Nigeria. The goal of the University is to attract one million faithful friends who make annual donations of at least one thousand naira(1000) each. This will amount to about One Billion Naria each year, enough to embark on major development projects each year for the University. Many people have contributed to this vision greatly for the past one year. Outside Nigeria dollars are flying on monthly basis to the Bank Accountsbelow:

- The University will appreciate your 2017 donations. Donations can be made to:
- Account Name: University of Medical Sciences Ondo Account Details:
- First Bank Plc. Account No. 2030056765
- Zenith Bank Plc. Account No. 1014662945.

- My fellow Librarians/ LIS educators at this junction, I stand here on behalf of my VC today, pleading for your contribution as well to this vision of Professor Friday Okonofua(FAS) which is Free Community Services to Humanity
- One of the great benefit for you to be a part Friends of University Fund(FUF). That you will be recognized as a member of stakeholder of the school, your name will be written boldly among the list of FUF projects in the school websites. My VC also always give award to members of FUF.
- We all at FRIENDS of UNIMED Fund,Ondo City belong to the school of thought -Aliko Dangote: “When you have made it in life, you must give back to those whose made you”.

Meaning of Health information and the professional

Studies have been carried out to determine the utilization of health information as a predictor of wellness among librarians in university of Medical Sciences in Ondo city, Ondo State Nigeria.Health information means data, fact, messages, symbols, images, electronic signal that entrenched in health which if used is capable of increasing the knowledge level of users (WHO, 2016).

Medical librarians work in exciting places like hospitals; universities with medical, nursing, and other health occupations programs; government agencies; or Internet companies. You can find medical librarians working in companies that do medical or drug research, publish, or provide health insurance. Medical librarians work anywhere people need health-related information. Medical librarianship is a service profession. Medical librarians, sometimes called health information specialists, get information about medical treatments, research, procedures, tests, and equipment for health occupations workers, patients, consumers, and corporations. They help health occupations workers provide quality care to patients, help patients find information, and provide information to health care industries.

New Role of Health Sciences/Medical/Hospital Librarians

The new roles require medical/health sciences librarians to be knowledgeable about innovative and evolving models for undergraduate health sciences curricula and for continuing education of health sciences practitioners. Librarians also must be current with new applications of technology especially in the emerging discipline of medical informatics. Most important, librarians must understand the implications of these advances in order to teach information management skills in a meaningful way to students and practitioners(Rankin and Williamssayre,1993).

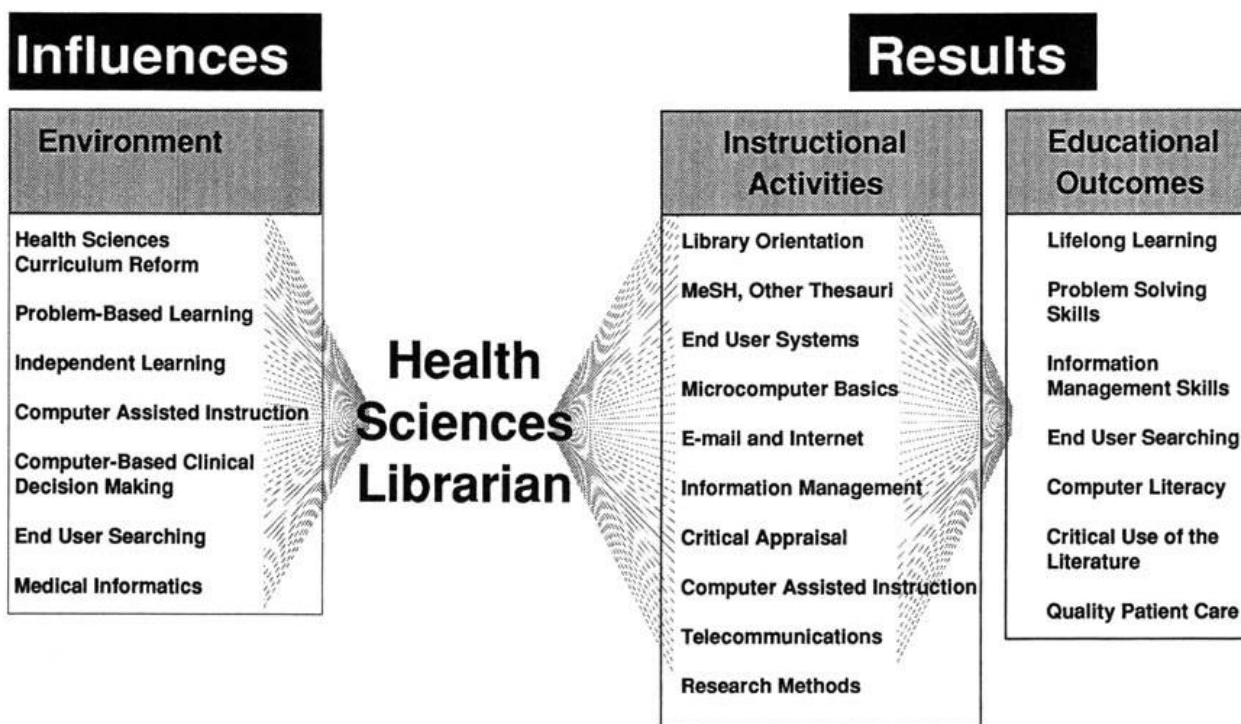


Figure 1. The educational role of the health sciences librarian

Source: Rankin J.A. and Williamssayre, J.(1993)

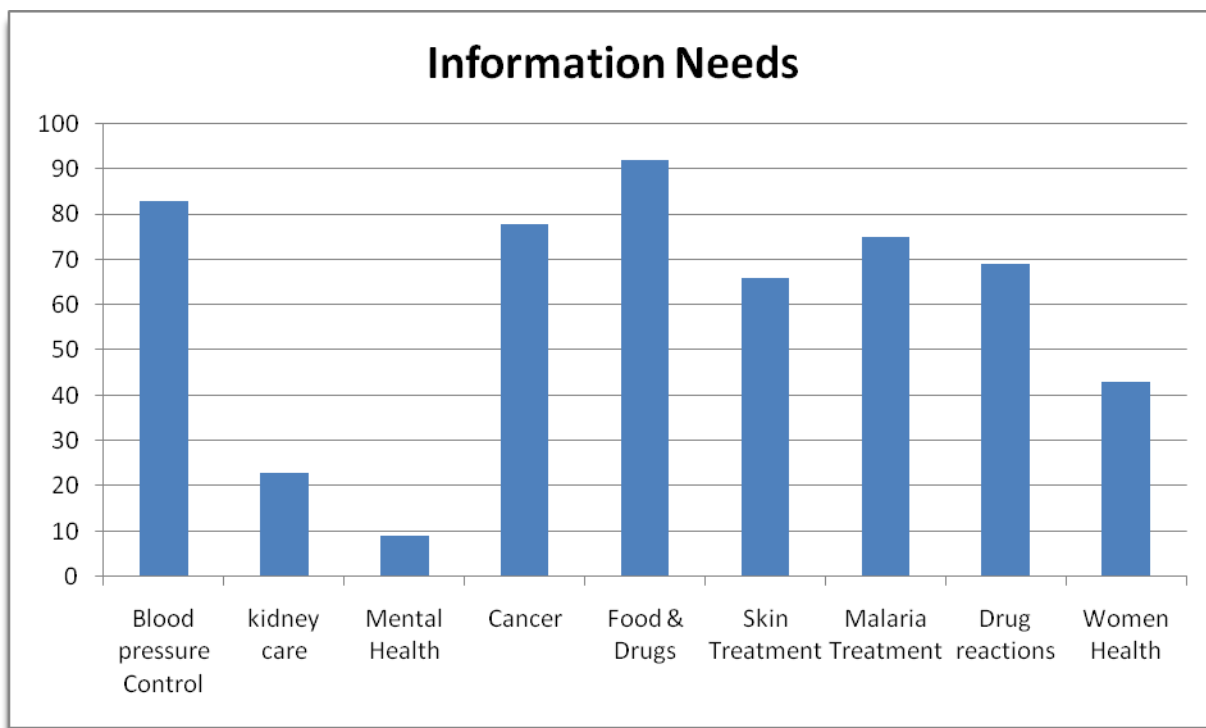
Health sciences librarians are responding to the challenges for new educational roles by providing a wide variety of formal and informal instructional programs. Librarians are teaching information management, microcomputer basics, software packages, telecommunications, database searching, Internet access, research methods, and other related topics. Also, librarians are spending more time one-on-one with library clients who are wanting to use the latest technology to answer their questions. Education is becoming a central function in many libraries, a function that demands new skills and discipline awareness.

Research Methodology

Descriptive survey research design was employed in this research. The population of the study was drawn from the University Library in Ondo City, Ondo State. University of Medical Sciences (UNIMED) Library sampled for the study. The questionnaire was designed to elicit information on Needs, Seeking behaviour and Sources of Health Information among Academic Librarians”. Data for the study was collected using questionnaire, administered to the respondents in their respective sections with the assistance of professional colleagues who was also staff of the UNIMED. The total number of professional staff are six in numbers. Data gathered were analyzed using tables with frequency and percentage. They were presented in charts below:

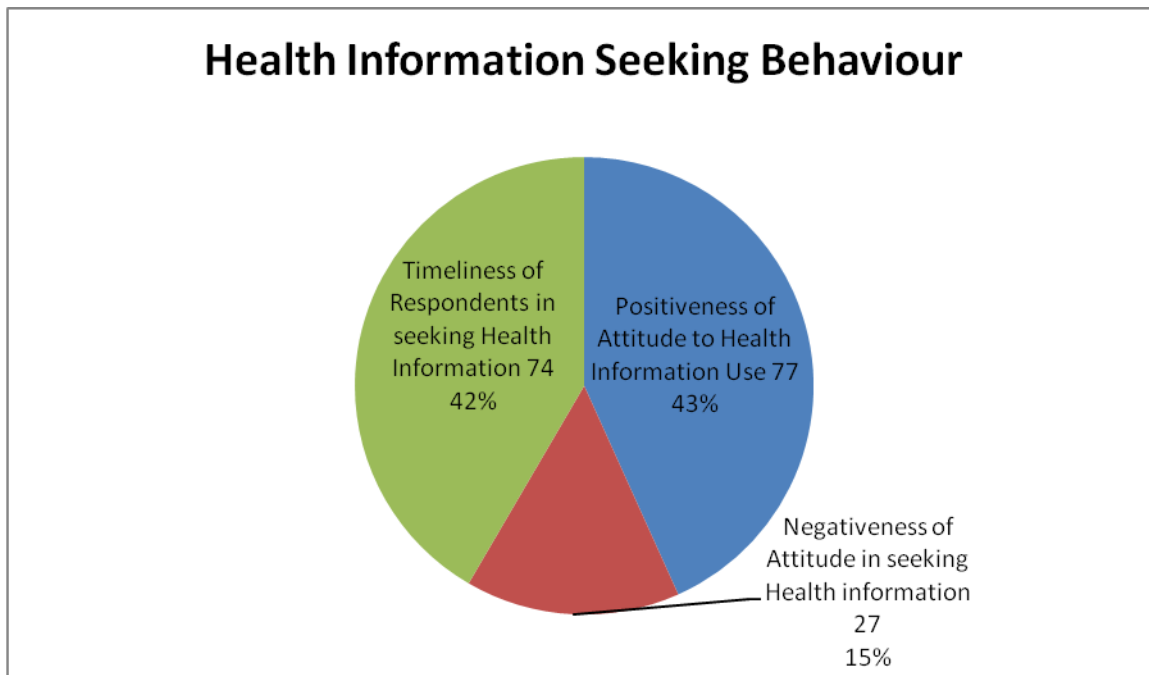
Findings and Discussion

Health information needs of Librarians



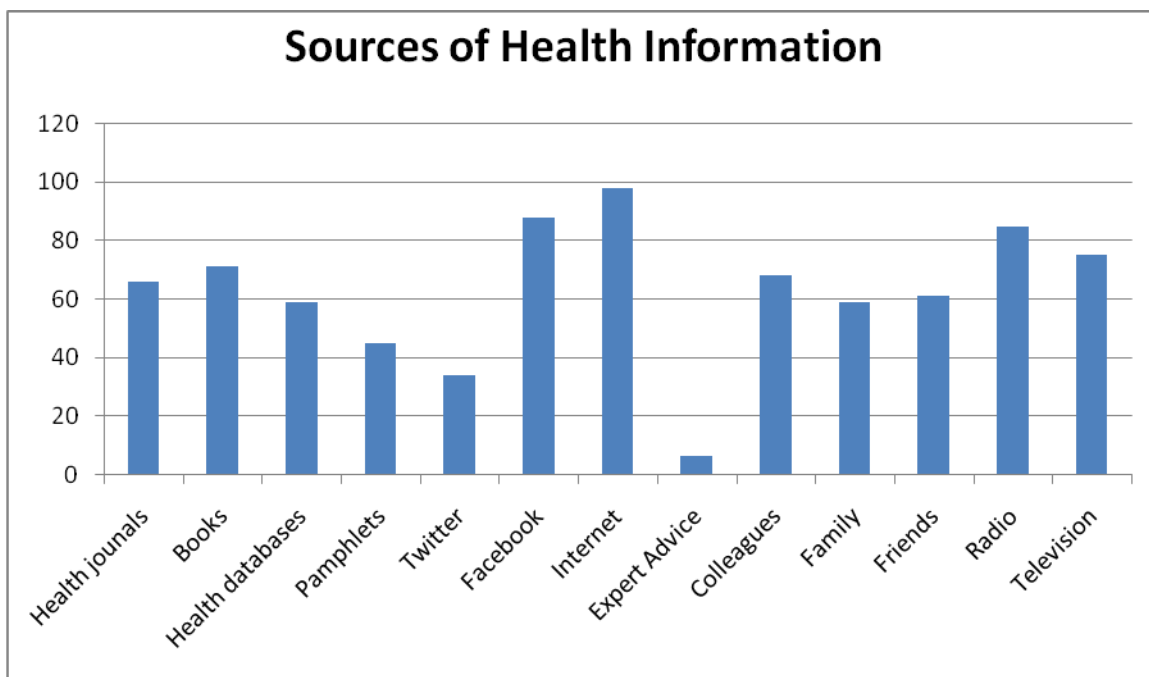
It was gathered from the results of the illustration above that Librarians in the study sought after health information on various health issues as thus; blood pressure control information 82%, kidney care information 22%, mental health information 9%, cancer related information 78%, food and drugs information 91% skin treatment information 66%, malaria treatment, prevention and control information 75%, the implication of this is that among the Librarians studied, Health information was taken serious as the study reflected high percentage in blood pressure control, cancer, food and drug, malaria treatment and control respectively.

Health information seeking behaviours of Librarians



From the above chart, it was evident that respondents placed high premium on health information in order to enjoy balanced health as 42% of respondents indicated strong interest in seeking health information timely. Also, 43% of respondents showed positive attitude to health information use, whereas, low percentage of respondents (15%) showed negative attitude to health information use. The implication of this result is that health sciences/medical librarians sought health information timely with positive attitude and; their tendency of living well is highly likely.

Sources through which Librarians seek Health Information



From the illustration above, results from the analyzed data from respondents revealed that various sources of information were consulted to sensitize themselves on health related issues as follows: Health Journals 62%, Books 66%, Health databases 59%, Pamphlet 42%, Twitter 47%, Facebook 07%, Internet 85%, Expert advice 06%, Colleague 65%, Family 59%, Friends 60%, Radio 98%, TV 77% respectively, it is evident here that the researchers recorded the highest number of responses from Radio, Internet, TV, Colleagues, Health Journals and Books, this was so because of the reliability, up-to-dateness and quality health information sources provided over time.

Findings and Discussion

The results revealed that the health information required by Health Sciences/Medical Librarians in academic library studied are; blood pressure control information 82%, food and drugs 91%, cancer information 78% Malaria treatment 75% and information on drug reactions 68%. This was so because the mortality rates of the mentioned diseases is very high not only in Nigeria but globally, and if proper health awareness campaign is not initiated on time, productivity of Librarians may be threatened in the future.

Another important finding of the research is that internet, Radio, TV, Health journals are the major sources of obtaining health information by the academic librarians in this study. This finding is in conformity with Aina (2004) opinion that with the advent of the internet, many professionals, researchers, and highly placed individuals now seek a large proportion of their information from the internet. In agreement with this, Folorunso, (2017) citing Baro, Onyenaia and Osaheni (2010) work on "information seeking behavior of undergraduates in the humanities in three Universities in Nigeria", discovered a heavily reliance (65.6%) of their respondents on the internet as a source of information. This finding is also in corroboration, Folorunso, (2017) also citing Akande (2011) research on the "availability, information retrieval skills and use of electronic resources by information professionals in academic libraries in south Western Nigeria", who discovered from his investigation, that the internet is heavily used by information professionals.

Conclusion/ Way Forward

This paper discussed utilization of health information as predictor of wellness among Librarians in UNIMED, Ondo City, Ondo State. It is a general saying "health is wealth". Librarians should be more health-information conscious as information provider, as information sought on time, leaves their users with better ability for decision making. It was revealed in this research that Librarians in the Library studied sought health information most on Blood pressure control, cancer, food and drugs, Malaria treatment. It was also revealed in the research that respondents relied mostly on Internet, Radio, TV, Books and health journals in meeting their health information needs.

We made the following recommendations:

- Librarians should work closely with health care providers in ensuring proper health monitoring and evaluation
- Health related issues should be given priority attention at work
- Librarians should know that productivity at work and general wellness will be challenged if adequate care and attention are not paid to health
- Librarians should be encouraged to regularly go for medical check-up
- Librarians should be provided with good working condition, which is generally lacking in many Libraries today.

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